


Feature-Component mapping


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Blog Cards




Blog


The latest advice and guidance on key online safety issues, as well as information on the latest apps and games.



Managing your family's tech use during the back to school period




Get your online safety curriculum back to school ready!



Reflections on a year of education visits


Cards



Teachers & professionals

- Reliability online
- Online Bullying
- Social media
- Online grooming
- Gaming


[View all](#)



Parents & carers

- Social media
- Parental controls
- Reliability online
- Online Bullying
- Sexting


[View all](#)



4-11 year olds

- What should I do if someone online is mean to me?
- How much time should I spend online?
- What do I need to know about online gaming?

[View all](#)




11-18 year olds

- Digital Wellbeing
- Gaming
- Social Media
- Fake News
- Video calls

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Card-detail



Teachers & professionals

Parents & carers


Young people

Q

Help and Advice

Online Bullying

How to identify online bullying and key advice on how to deal with it



Online bullying, or cyberbullying, is when someone uses the internet to target and deliberately upset someone.

Cyberbullying often happens on personal devices that young people have continuous access to. This means it can happen anywhere and at any time, so it can feel like it's hard to escape. The bully could be either someone that they know, or a complete stranger.

It can be hard to control the spread of messages, images and videos sent online, which means many people could see them in a short period of time. However, online bullying can leave a trail of evidence which can be helpful when dealing with the incident and reporting it.

Get help

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Types of online bullying

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What are the impacts?

If a child is being bullied online they can often feel scared, worried and overwhelmed by the situation. They might be embarrassed by what's happening, angry, confused, and even feel physically unwell.

There are no conclusive signs which will tell you if your child is being bullied online. Whilst some children and young people might show obvious signs of worry or upset, these could relate to a range of issues, and other children might hide it altogether. However, look out for:

- Higher levels of emotion, such as anger
- Changes in mood
- Problems sleeping and eating
- Low self-esteem
- Self-harm
- Withdrawal from online activities

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Conversation starters

- 1 What is the biggest challenge for young people your age online today?
- 2 What is the difference between banter and bullying?
- 3 How would you/your friends respond to cyberbullying?
- 4 Do you think there is a difference between physical face-to-face bullying and online bullying?
- 5 Is everything okay online? I'm here if you want to talk about anything.

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